



Aging: Fight it w/ the Blood Type Diet (Eat Right 4 Your Type Health Library)

Dr. Peter J. D'Adamo, Catherine Whitney

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Aging: Fight it w/ the Blood Type Diet (Eat Right 4 Your Type Health Library) Dr. Peter J. D'Adamo, Catherine Whitney

From the author of the 2 million-copy-selling Eat Right 4 (for) Your Type series, which has helped millions of people lose weight and stay healthy using the Blood Type Diet(r), come two new books to help fight the effects of aging and manage the symptoms of menopause.

Having written books specifically geared toward fighting cancer, diabetes, arthritis, cardiovascular disease, allergies, and fatigue, Dr. Peter J. D'Adamo adds two new volumes to the Eat Right 4 (for) Your Type Health Library. This time he zeros in on aging, addressing the issues of brain decline, hormonal deficiency and loss of vitality, and menopause, focusing on treating hot flashes, loss of libido, osteoporosis, and mood changes.

Dr. D'Adamo offers new information (not included in any of the other Eat Right books) individualized for the four blood types. In addition to the standard food categories of the Blood Type Diet®-Beneficial, Neutral, and Avoid-he provides a fourth category, Super Beneficial, which emphasizes foods that have medicinal properties that help fight the symptoms and signs of aging and menopause.

Self-assessment tests that help determine your status and measure your progress on the diet are included, as well as supplement, lifestyle, and exercise protocols tailored to each blood type. There has never been a better arsenal nor an easier tool for using blood type to fight disease and promote health and longevity.

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